

**MINISTER OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLITECHNIC OF KEMENKES RIAU
MIDWIFERY DIV STUDY PROGRAM**

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ISSANIAH

THE EFFECTIVENESS OF PROVISION OF RED GUAVA JUICE AND RED SPINACH JUICE ON THE INCREASE IN HEMOGLOBIN LEVELS OF PREGNANT WOMEN WITH ANEMIA IN THE SECOND TRISEMESTER AT UPTD PUSKESMAS SIDOMULYO PEKANBARU CITY

xii + 43 Pages + 6 Tables + 3 Charts + 15 Attachments

ABSTRACT

Below normal hemoglobin levels can cause anemia. One way to increase hemoglobin levels is by consuming red guava juice and red spinach juice. The purpose of the study was to determine the effectiveness of giving red guava juice and red spinach juice to increase hemoglobin levels of anemic pregnant women. This research was conducted from January to May 2021 at the Sidomulyo Health Center Pekanbaru City with the type of Quasy Experiment research and Two Group Pretest and Posttest design. The population of this study were all pregnant women with anemia in the second trimester at the Sidomulyo Health Center Pekanbaru City from March to April 2020, totaling 25 pregnant women. Sampling using purposive sampling as many as 20 pregnant women. The method of collecting data is the observation method and using the observation sheet instrument. Data analysis with independent t-test with 95% confidence degree. From the results of the study, it was found that the average increase in hemoglobin levels of pregnant women given red guava juice was 0.290 gr/dl (SD=0.5763) and for pregnant women given red spinach juice was 1.430 gr/dl (SD= 1,430). From the results of statistical tests, it was found that there was a difference in the increase in hemoglobin levels between mothers who were given red guava juice and red spinach juice (p-value = 0.031). Where red spinach juice is more effective for increasing hemoglobin levels of pregnant women. It is recommended to health workers, especially midwifery care providers, to be able to provide education about the benefits of red spinach juice and red guava juice as an alternative to increase hemoglobin levels.

Keywords : Guava Juice, Red Spinach Juice, Hemoglobin Levels, Pregnant Women TM II

Reading list: 36 (2006 - 2020)